

WARRIOR AND DOCTOR WHO IS PROVING HER WORTH, EXPERTS SAY—ANSWERS TO QUERIES

MAN NOT THE WEAKER SEX IS FACT WARTIME IS PROVING
Dudley H. Sargent, of Harvard, Says We Would Make Good Soldiers and Tells Some Reasons Why

Free
OVER and over I tell the sky. I am free—I.
Over and over I tell the sea. I am free.
Over and over I tell my lover I am free, free—over and over.

IT IS interesting to note how Doctor Sargent tramples down that old pet theory about woman's lack of strength and courage. It is encouraging to the woman who reads this now and feels no answering beat of energy. Woman can be strong and courageous and not realize it, the doctor asserts. The point is this: from the very beginning she has been so surrounded with the idea of her own weakness that there was nothing else to do but believe it, and she's been believing it ever since—until now.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given above are invited. It is understood that no correspondence will be published unless accompanied by a return address. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES
1. What valuable nutrient is supplied to the body by such foods as rice, potatoes and sugar fruits, as dates, raisins, etc.?
2. When sewing what will prevent the finger from becoming pricked?
3. If there is no place to keep the ironing board what simple little device affords a convenient hiding place?

ANSWERS TO YESTERDAY'S INQUIRIES
1. According to experiments, the official weight for a sixteen-ounce loaf of bread made at home should be 5.5 cents. This includes material and fuel, but not labor.
2. A coating of oil on the inside of the heating surface of a heating system acts like a coating of asbestos wool in preventing effective radiation.

Man Will Save Food
Dear Madam—I read a letter in your issue for a sixteen-ounce loaf of bread made at home should be 5.5 cents. This includes material and fuel, but not labor.
2. A coating of oil on the inside of the heating surface of a heating system acts like a coating of asbestos wool in preventing effective radiation.

Fattening Fruits and Vegetables
Dear Madam—Could you publish in your valuable paper a list of fruits and vegetables that are fattening? Quantities you very much.
Vegetables and fruits are not essentially fattening. There is, I know, a current idea that potatoes are fattening, but all doctors do not agree about this. I am naming in order of importance for fat-building foods outlined for me by a prominent doctor. They are milk, eggs, meat, vegetables and cereals. You can see by this that potatoes come far down the line. Of all the vegetables, however, those that are apt to build up flesh if they are eaten in sufficient abundance this same doctor recommended beans and peas. Fruits are mostly valuable for their mineral salts and acids they supply to the body. It cannot be said that the eating of fruits would make any one fat.

Stain on Ivory Set
Dear Madam—Will you please tell me how to remove without hair stain from an ivory set? Also, how to remove varnish stains from a child's underwear? Please answer these questions as soon as possible.
M. F. G.
Try rubbing the stained place with a solution of peroxide of hydrogen and a small amount of ammonia. If this does not take off the stain try javelle water. It is a powerful bleaching agent. Do not allow this to remain on the stain long. Make several applications rather.

Chubbs for Baby
Dear Madam—Every evening I read your issue and find it very interesting. I would like to ask you some questions. I have a baby who is now 10 months old. I would like to know how to keep his teeth from coming in so early. I have heard that if you wash his mouth with a weak solution of borax water it will keep them from coming in so early. Is this true? I would like to know how you use it.
Sincerely yours,
M. F. G.

LIVE WITHIN YOUR MARGIN
WOMEN LABORATORY WORKERS SCORE NOTABLE SUCCESSES

By J. H. KELLOGG, M. D., LL. D.
EVERY person comes into the world with a capital of health.
His capital is his store of physical vitality—essentially equal to the demands of daily life—and a surplus besides.
This surplus is your "margin of safety." Nature means that not only shall you have strength for the day's needs, but a reserve amount for emergency purposes.

HOUSEKEEPING AND SCHOOLTEACHING FORMERLY WERE THE TWO WOMAN'S PROFESSIONS
WOMEN HAVE MADE GOOD IN LABORATORIES
Feminine Facility in the Field of Medical Research Demonstrated by Students in the Classes of Dr. John A. Kolmer

Field after field is opening so wide and so fast to women these days that it is hard to know which way to turn. Every one knows, of course, by this time that woman is no longer pigeon-holed into the kitchen or put on the robes of the teacher.

QUESTIONS AND ANSWERS
Organic Heart Disease
Can leakage of the heart be cured if the patient is forty-five years old? M. L. K.
Organic heart disease, as you know, is cured, but much can be done to make the patient tolerate the disease so that serious symptoms may be postponed for many years.

The Wasserman Test
What is the Wasserman test? J. L. O.
The Wasserman test is employed to determine whether a person is suffering from syphilis infection.

Traveling Health
Is it wise for an invalid to travel for health? S. O. S.
Travel is often highly beneficial to the health of chronic invalids. The chief benefits of travel are not to be attributed to the change of air or scene in the majority of cases, but rather to the change of habits of life necessarily involved in moving about from place to place in sight-seeing, etc.

Dangerous Patent Medicines
Are all patent medicines harmful? MARION.
Hundreds of deaths occur annually as the result of patent medicines. Thousands become addicted to alcohol and other drug habits by the use of remedies containing these poisons.

End the Friendship
Dear Madam—Can you tell me through the Woman's Exchange a good shampoo that is easy to use, does not dry the hair and is not so expensive? M. O. H.
Here is a formula for a shampoo that can be used either on dark or light hair. If you wish to bring out the best color in dark hair, however, when the shampoo is used on a brunette substitute tar soap for the castile.

Linen for Small Trouseaux
Dear Madam—I saw your advice in regard to a bride's trousseau. I am to be married soon and could not afford as full a trousseau as I would like. Can you give me any hints that I could do with? ANXIOUS.
If you can do without tablecloths. Keep your table polished and buy about three sets of six doilies, each size, which you can embroider yourself, using the large ones for plates, smaller for tumbler and bread and butter plates and a fourth size for dessert plates. You could do with six sheets, three spreads, two pairs of blankets or one pair of complete bed covers and one-half dozen napkins, one dozen lunch napkins, one dozen bath towels, one-half dozen finger towels and twelve cheaper ones, enough bureau and sideboard covers to change every week, say three of each, and six or eight washcloths, besides six each of kitchen and pantry towels.

Coal Camouflage
The problem of fuel this winter is making the inventor look sharp for a substitute to take the place of this expensive commodity. As far as kitting material is concerned, a simple remedy is within the reach of the average housekeeper. Just at this time of the year, with gift packages all unpacked and the excelsior and sawdust littering up the cellar, a considerable saving may be effected by converting this residue wood into kindling for starting fires. Melt together three pounds of rosin and one quart of tar and a slight amount of charcoal, and mix with this the excelsior and sawdust, until the whole is a firm mass. Spread the mixture on a flat surface to dry while it is still in a heated condition, and after it has cooled break into small portions about the size of a walnut. They burn readily and sufficiently long to get a fire under way.

The Patriotic Potato
The Irish potato is a valuable food in the diet. For it contains much starch which is used by the body to furnish heat and power. Because potatoes do not have so much starch, however, they should never be served with other starchy foods, like rice, hominy, cornmeal mush, etc. Potatoes should rather be combined with other protein foods, milk eggs or other protein foods to have a well-balanced meal.

Advice to Girls
He has argued the case of another. And his own today are fed? He has built some inches of roadway for others' feet to tread. He has dashed a third-rate portrait. He has hung from a trapeze. He has roared on the stock exchange. He has chopped down forest trees. He has kept the books at a grocery. He has driven a cab about. He has hustled food at a daily lunch. He has cut an appendix out. He has followed the plow since morning. He has danced in a cabaret. He has grubbed away in a coal mine. He has taught men how to pray.

Tomorrow's War Menu
Baked Apples Stuffed with Dry Cereal
Creamed Codfish
Coffee
LUNCHEON
Macaroni and Cheese
Victoria Bread
Sliced Pineapple with Mayonnaise
DINNER (Wheatless)
Baked Fish Chowder
Canned Peas
India Relish
Meatless Mince Pie with Rye Crust
MEATLESS MINCE PIE WITH RYE CRUST
A half cupful of rice, a half cupful of seeded raisins, a half cupful of currants, a three-quarter cupful of corn syrup, two tablespoonfuls of chopped orange and lemon peel, one tablespoonful of cooking oil and a half teaspoonful of mixed spice. Cook the rice in water until soft, drain. Add to the rice the raisins, currants, corn syrup, chopped orange and lemon peel, oil and spices. Mix well. Line a pie pan with rye pastry and fill with the above mixture. Cover with a top paste and press the edges together. Brush over the white of an egg. If desired, then dust with brown sugar and bake in quick oven.

TETLEY'S India and Ceylon TEA
Is the Gratifying and Satisfying Tea
ONE LITTLE TEASPOONFUL MAKES TWO CUPS

Butter Facts About the Best Butter Made
WHEN we say Best, we mean just what we say—it is a superlative degree term and shuts out all doubt. We are applying it with a full realization of what it means, to what we know to be, the best butter made—Louella.

LOUELLA (The Best) BUTTER, 60c a lb:
"Richland" Butter, lb. 52c
Very fine quality creamery prints—used by thousands of particular housekeepers on their table every day in the year.

SONG SHOP
1028 MARKET STREET, BINGHAM HOTEL BLOCK
JEROME H. REMICK & CO., PROP.
Ask at your favorite music counter for a copy of this wonderful ballad hit
ON THE ROAD TO 10c HOME SWEET HOME 10c
10c POPULAR HITS 10c
"IDEAL" PLAYER PIANO ROLLS
25c THE PERFECT 5c Piano Roll 25c
Q.R.S. PIANO ROLLS & WORD ROLLS
5000 EMERSON RECORDS
JANUARY TITLES
7292 (My Sweetie) Good-Bye Dolly Gray
7293 (I Don't Want to Get Well) Good-Bye Dolly Gray
7301 (Joan of Arc) Good-Bye Dolly Gray
7302 (The Dixie Yuletide) Good-Bye Dolly Gray
7306 (I Want to) Good-Bye Dolly Gray
7297 (I Want to) Good-Bye Dolly Gray
7298 (I Want to) Good-Bye Dolly Gray